



Aging and Disability  
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on  
**Facebook**

Dodge County ADRC

OR



Find us on the web:

[www.co.dodge.wi.gov](http://www.co.dodge.wi.gov)

## ADRC Recipe Box

### Broccoli Raisin Salad



#### Ingredients:

- \* 4 C chopped broccoli
- \* 1/2 C raisins
- \* 1/4 C sunflower seeds
- \* 1/4 C finely chopped onion
- \* 1/4 C bacon bits
- \* 1/2 C low fat mayo
- \* 1 T sugar
- \* 1 T vinegar

*Serves 8*

1. Combine broccoli, raisins, sunflower seeds, onion, and bacon bits in bowl.
2. Mix mayo, sugar, and vinegar in smaller bowl.
3. Add mayo mixture to the broccoli mixture.
4. Stir together and serve.



TO OUR FRIEND:

Henry Dodge Office Building  
199 County Road DF  
Juneau, WI 53039





199 County Road DF - 3rd Floor  
Juneau, Wisconsin 53039



# ADRC Connections

## SUMMER ISSUE Newsletter 2021

**Connecting You with  
Supports and Services**

The ADRC and  
Aging Programs in  
Dodge County  
are just a phone  
call away!

**920-386-3580  
800-924-6407**

Let us know what you  
think!

### In This Issue

Staff Directory.....	2
Valuable Volunteer Spotlight.....	2
10 Ways to Maintain Brain Health....	2
Martin Schreiber Presentation.....	3
Calendar of Caregiver Connections	3
10 Ways to Maintain Brain Health...	3
NEMT Transition to Veyo.....	4
Emergency Broadband Benefit.....	4
Senior Dining Menus July-Sept.....	5
Nutrition Fit Bits.....	6
Thank You Douglas.....	6
Calendar of ADRC Events.....	7
What to Know Before You Buy.....	7
DC Survey on Dementia.....	7
Disability Benefit Specialist News...	8
WEAAD.....	9
I'd Like to Receive the ADRC Newsletter at Home.....	9
Your Benefit News...Skilled Nursing Facility Care Denial.....	10
It's Time?.....	11
ADRC Recipe Box.....	12

**Supervisors Report...***From the Desks of Kris Schefft and Jackie DeLaRosa*

## Resilient Wisconsin



Resilience is that amazing skill that helps you recover quickly from difficulties. If you are resilient, then when life knocks you down, you bounce back stronger and you keep going. Resilient Wisconsin can help you learn to thrive within the stress of daily life.

These resilience-building practices can help you learn to adapt and recover in the face of adversity.

- **Prioritize healthy relationships:** Build a supportive network of people who care about you and spend quality time (even if virtually) with them.
- **Take care of your body:** It's easier to maintain mental and emotional balance when you feel healthy. Make an effort to eat well, get enough sleep, and exercise three or more times a week.
- **Avoid negative outlets:** Look for healthy ways to process difficult emotions. Trying to escape these emotions through harmful substance use will create more stress.
- **Be proactive:** We can't always control our circumstances, but we can take charge of our response. Break problems into manageable tasks and move forward.
- **Practice self-awareness:** When stressful events occur, it's important to take a step back and reflect before we react. It helps to understand where your emotions are coming from before you share them.
- **Learn from the past:** Recognize who or what was helpful (or unhelpful) the last time you were in a stressful situation. Remembering other challenges you've overcome can help.
- **Ask for help when you need it:** Reaching out to family or friends, a health care professional, or a community resource isn't easy, but knowing how to accept help is a sign of strength.

To learn more, head to the Wisconsin DHS website at:  
<https://www.dhs.wisconsin.gov/resilient/index.htm>



## Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

### Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft  
Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa  
Aging & Disability Resource  
Specialists.....Brittany Borchardt, Diane Coulter, Heather Ehrlich,  
.....Morgan Leistekow, Vicki Zimmerman  
Caregiver Program Coordinator.....Catherine Knickelbein  
Community Education Coordinator.....Olivia Gerritson  
Dementia Care Specialist.....Rob Griesel  
Dining Center Managers.....Melva Brown-Dring, Judy Hedstrom,  
.....Rose Newman, Marcey Sage, Jill Weisensel  
.....Linda Zastrow, Joan Zehner  
Disability Benefit Specialist.....Ashley Sanborn & Jennie Farmer  
Elder Benefit Specialist.....Amanda Higgins & Jennie Farmer  
Nutrition Program Coordinator.....VACANT  
Program Assistants.....Jackie Wendlandt, Jeannette Moon  
.....& Hannah Rohlinger  
Transportation Program Coordinator.....Elaine DeBlare  
Van Drivers.....Bill Benedon, Keith Braunschweig, Mark Callies  
.....JJ Johnson, Doug Korducki, John Leitner,  
.....Greg Maier,

## Valuable Volunteer Spotlight

Meet Lynn and Pat!



Lynn Lothen & Pat Jacob are both retired from the ADRC. Lynn was a Resource Specialist and Pat was the Transportation Coordinator. Last fall they volunteered their time during the Medicare Open Enrollment Period (October thru December). Lynn and Pat helped with computer work, printing off Medicare Plan Finder plan comparisons for beneficiaries. We hope to have them both back this fall! They both told us that the ADRC is a valuable service in the community and wanted a way to be helpful and give back. Many of us have known Pat and Lynn for awhile and enjoy the continued comradery.

## 10 Ways to Maintain Brain Health



- 1. Eat a Healthy Diet.** Eating a healthy and balanced diet that is lower in fat and higher in vegetables and fruit is thought to reduce the risk of cognitive decline.
- 2. Stay Socially Engaged.** There's nothing like living through a pandemic for over a year to teach us the value of staying socially engaged and stimulated to support our brain health. Seek out social activities that you enjoy and bring your life meaning and your brain will be happier.
- 3. Rest Up.** Getting good rest and adequate sleep at night can lead to a healthier brain and lower your risk for dementia.

- 4. Challenge Your Mind.** Seek out activities that work different parts of your brain.
- 5. Take Care of Your Mental Health.** By managing your symptoms of depression, anxiety, stress, and other mental health concerns now, you can decrease your risk for cognitive decline and dementia later.

*Continued on page 3*





## It's Time?

Submitted by Catherine Knickelbein  
Caregiver Program Coordinator

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are two main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important to look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- ✦ Are the person's needs being met at home?
- ✦ Is the constant care required beyond my capability?
- ✦ Is always it safe in the home?
- ✦ Is there a concern that the person may harm themselves or others?
- ✦ Does the person need specialized care not available or affordable at home?

- ✦ Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- ✦ Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
- ✦ Am I healthy and physically strong enough to take care of the person?
- ✦ Is there a care facility in the area that I trust?

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.



Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

*Adapted from an article by Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources*



## YOUR BENEFIT NEWS

Submitted by Amanda Higgins and Jennie Farmer Dodge County Elder Benefit Specialist

Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center



### What if my Skilled Nursing Facility Care is Denied?

Medicare Part A covers care in a skilled nursing facility (SNF) up to 100 days during a benefit period. A benefit period begins when you have an inpatient admission to a hospital or SNF. The benefit period ends when you have not received inpatient hospital or skilled care for 60 days in a row. SNF care is covered if these criteria are met:

- A qualified SNF stay needs to begin with a three day inpatient hospital stay, not just an observation period, otherwise it is unlikely that Part A will cover the stay. However, during the COVID-19 pandemic, you may get care in a SNF without a qualifying hospital stay.
- A doctor says you need daily skilled care given by, or under the supervision of, skilled nursing or therapy staff (licensed health professionals). Make sure you have a signed doctor's order to go to the SNF and the nurses and therapists take detailed notes of your daily care.
- Admission is to a Medicare-certified SNF.
- The skilled services are for a medical condition treated during your inpatient hospital stay or for a condition that started while you were in the SNF.



Health care providers often tell patients that Medicare will not cover their care in a SNF because they have "plateaued" or "failed to improve." Medicare does not require "improvement" for skilled care to be covered. Medicare recognizes some patients are not expected to improve. For these patients, skilled care can help maintain their current condition or keep them from getting worse. Part A may cover skilled care if the treatment helps maintain their current condition, prevents worsening, or slows their decline. This also applies to

Medicare Advantage plans because they must provide the same benefits as Medicare Part A and Part B.

You have the right to appeal if you are receiving daily skilled care and receive a notice that Part A-covered services are ending too soon. On the notice, there is a phone number for a Quality Improvement Organization or QIO. A QIO is the independent reviewer authorized by Medicare to review the decision to end services. If you want an expedited appeal, you must make the request by noon the day before coverage ends. (If you miss the deadline, you may have further appeal rights, just not expedited). If the QIO upholds the decision to end coverage, you can ask the QIO to reconsider its decision by telephone or in writing. You may submit additional information, like care notes and a doctor letter supporting your case. You have 60 days to submit this appeal.

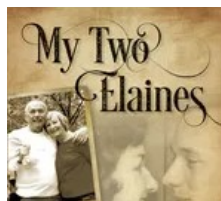
If the QIO denies coverage a second time, you can request an Administrative Law Judge (ALJ) hearing. The notice should include information how to request an ALJ hearing. Be sure to write "Attn: Beneficiary Mail Stop" on the envelope containing the appeal paperwork. Hearings are not expedited and may take several months. The ALJ is supposed to make a decision within 90 days from receiving the request but it often takes longer.

If you appeal, you should continue receiving daily skilled nursing or rehabilitation services. One of the requirements to get Part A coverage for your room/board is to continue receiving daily skilled services such as physical therapy or skilled nursing care. If you lose your appeal, you risk being responsible for those costs. Medicare Part B may still cover the cost of the skilled nursing or rehabilitation services. For more information, visit: <https://medicareadvocacy.org/self-help-packet-for-expedited-skilled-nursing-facility-appeals-including-improvement-standard-denials/>.

For questions or assistance with SNF denials, contact your local Elder Benefit Specialists at the Aging and Disability Resource Center (ADRC) of Dodge County at 920-386-3580 or 800-924-6407.



Dementia Care Specialist  
Rob Griesel



**Join the presentation via Zoom by former Governor Martin Schreiber on September 14<sup>th</sup> from 1-2 pm to learn, cope, and survive as an Alzheimer's caregiver. Call the ADRC to register. First 25 to register will receive Marty's book, *My Two Elaines*. FREE event.**

## 10 Ways to Maintain Brain Health

- 6. Get Regular Exercise.** It is possible to reduce your risk of cognitive decline by engaging in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain.
- 7. Educate Your Brain.** By learning new things and seeking formal education, you can reduce your risk of cognitive decline and dementia.
- 8. Take Care of Your Heart & Your Head will Follow.** Evidence shows that controlling risk factors such as obesity, high blood pressure and diabetes is not just good for your heart, but also good for your head.
- 9. Protect Your Noggin.** Wear a seat belt, use a helmet when riding a bike, and take steps to prevent falls if at all possible.
- 10. Throw Out the Smokes.** Quitting smoking can reduce the risk of cognitive decline and lower your risk for strokes and heart attacks.

*Continued from page 2*

## Calendar of Caregiver Connections:

### **Kairos Alive! Wisconsin Connection Jam 2-Way "TV Show"**

**Thursdays from 1:30-2:15 pm**

Fun, connection, and health with music, dance, story, and research learning. All ages and abilities welcome on Zoom. Register at [info@karosalive.org](mailto:info@karosalive.org)

### **Poetry for Life: Call-in Show** **Thursdays from 10:30-11 am**

Join poets Gary Glazner and Fabu Carter for an old-fashioned radio show. Suitable for all ages! For more info, contact [garyglaznerpoet@gmail.com](mailto:garyglaznerpoet@gmail.com) otherwise call 609-663-1816 to join!

### **Conversations Support Group** **Wednesdays from 10:30-11:30 am**

For those with mild cognitive impairment (MCI) and those in the early stage of any type of dementia. To participate, contact Rob at 920-386-4308.

### **Lewy Body Dementia Caregivers Support Group**

**2nd & 4th Wednesdays from 1:30-3:00 pm**

Join in to ask questions and get answers. Learn some creative and caring problem solving techniques. Contact Rob at 920-386-4308 to join.

### **Men's Caregiver Support Group** **1st & 3rd Tuesday of month from 1-2:30 pm**

To register, contact Rob at 920-386-4308.

## MONDAY MORNING CAREGIVER COFFEE HOUR

**Virtual EVERY MONDAY**  
**10AM-11AM**

REGISTER BY CALLING 920-386-4308 OR E-MAIL  
[RGRIESEL@CO.DODGE.WI.US](mailto:RGRIESEL@CO.DODGE.WI.US)

*No Holidays!*





## Non-Emergency Medical Transportation (NEMT)

### Transportation Manager Transition

DHS is planning to implement improvements and enhancements to the NEMT program in the fall of 2021. As a part of these activities, DHS will transition transportation managers from MTM to Veyo. DHS is in the early stages of planning for the transition and further details will be released as they are finalized. The top priority will be to assure a seamless experience for members without interruption of safe and reliable transportation to medical appointments. The NEMT benefit will not change due to this transition.

### Improvements to Implement 2021

DHS will implement a number of improvements to

ensure delivery of high quality transportation services and member experience, including the following:

#### Improvements for Member Experience:

- ☐ A dedicated management unit to handle rides related to critical appointments (e.g. Dialysis and Cancer Treatments)
- ☐ Improved process for review of adverse decisions
- ☐ Additional call center standards aimed at improving experience during peak hours
- ☐ Mobile app for members to manage and schedule rides from their mobile devices
- ☐ Improved trip scheduling, notification and assignment features for members

<https://www.dhs.wisconsin.gov/nemt/manager.htm>



## Helping Households Connect During the Pandemic



**The Emergency Broadband Benefit is an FCC program to help families and households struggling to afford internet service during the COVID-19 pandemic.**

**This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and so much more.**

### About the Emergency Broadband Benefit

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

### Who Is Eligible for the Emergency Broadband Benefit Program?

A household is eligible if a member of the household meets *one* of the criteria below:  
Has an income that is at or below 135% of

the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline;

- Approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision in the 2019-2020 or 2020-2021 school year;
  - Received a Federal Pell Grant during the current award year;
  - Experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

**Head to [fcc.gov/broadbandbenefit](https://fcc.gov/broadbandbenefit) for information on how to apply!**



Submitted by Paula Becker  
APS Supervisor

## Recap from World Elder Abuse Awareness Day (WEAAD)

On June 15<sup>th</sup>, the ADRC, Adult Protective Services, and Public Health joined forces with PAVE, Beaver Dam Police Department, Church Health Services, Opioid Treatment Center, and Christian Family Solutions to commemorate World Elder Abuse Awareness Day in Beaver Dam. Elder abuse is widespread. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation and that is only part of the picture. Experts believe that elder abuse is significantly under-reported, in part because so many of our communities lack social support that would make it easier for those who experience abuse to report it. Research suggests that as few as 1 in 14 case of elder abuse come to the attention of authorities. In 2020, Dodge County Human Services Adult Protective Services Unit responded to a total of 289 cases of abuse and neglect of older adults and vulnerable adults-at-risk.

Signs of Elder Abuse Include: increased fear or anxiety, isolation from friends or family, unusual changes in behavior or sleep, withdrawal from normal activities, dehydration or unusual weight loss, missing daily living aids (glasses, walker or medication), unexplained injuries, bruises, cuts or sores, unsanitary living conditions and poor hygiene, unattended medical needs, fraudulent signatures on financial documents, unpaid bills, unusual or sudden changes in spending patterns, will, or other financial documents.



To report suspected abuse in the Dodge County community, please contact the ADRC at [920-386-3580](tel:920-386-3580).

The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

**I'd like to receive the ADRC newsletter at home!**

Please add my name to your mailing list.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

☐ I have a change of address

### Mail to:

ADRC of Dodge County  
199 County Road DF - 3rd floor  
Juneau, WI 53039







# Disability Benefit Specialist News

Submitted by Jennie Farmer & Ashley Sanborn, DBS

## COVID-19 RELATED FUNERAL EXPENSES

Help paying for COVID-19-related funeral expenses is available through the Federal Emergency Management Agency (FEMA).

### Who is eligible?

To be eligible for funeral assistance:

- The death must have happened in the United States, including the U.S. territories and the District of Columbia.
- The death certificate must say that the death was related to or caused by COVID-19.
- The person applying for assistance must be a U.S. citizen, non-citizen national, or qualified alien who was responsible for funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

### What can this assistance help pay for?

Funeral assistance can pay for things like the service, internment, cremation, a casket or urn, burial plot, marker or headstone, etc. for up to \$9,000 per funeral. More information is available on FEMA's website at [www.fema.gov/disasters/coronavirus/economic/funeral-assistance/fag](http://www.fema.gov/disasters/coronavirus/economic/funeral-assistance/fag).

### How are funds received?

If you are eligible for funeral assistance, you will either receive a check by mail or funds by direct deposit, depending on which option you choose when you apply.

For more information on who can apply for funeral assistance, examples of covered expenses, and other information on the COVID-19 Funeral Assistance Program, visit the FEMA Funeral Assistance FAQ page: [www.fema.gov/disasters/coronavirus/economic/funeral-assistance/fag](http://www.fema.gov/disasters/coronavirus/economic/funeral-assistance/fag).

### Fraud Alert

FEMA has received reports of scammers reaching out to people offering to register them for funeral assistance. FEMA has not sent any such notifications and they do not contact people prior to them registering for assistance.

**Applications accepted after  
April 12, 2021**

### How to apply:

#### Step 1: Decide who the applicant and co-applicant will be.

Families should begin by deciding who the applicant and any co-applicant will be. Only two people's names can be on an application.

#### Step 2: Prepare all of the necessary documents.

A certified death certificate that says the person's death was from or related to COVID-19. This includes death certificates that say the person's death "may have been caused by" or "was likely a result of" COVID-19 or "COVID-19 like symptoms" or similar phrases that indicate a high likelihood of COVID-19.

**Funeral expense documents** (e.g., itemized receipts, a

funeral home contract, etc.) that include the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.

**Proof of other funds received**, if the family received assistance from another source (e.g., Wisconsin Funeral and Cemetery Aids Program funds, military service-related reimbursements, etc.).

#### Step 3: Call the toll-free COVID-19 Funeral Assistance Line. TOLL FREE: 844-684-6333 | TTY: 800-462-7585

A FEMA representative will help you complete an application.

- Different languages are available when you call to apply.
- Online applications will not be accepted.

Wisconsin Department of Health  
Services Publication P-02966

### Submitting Documents to FEMA

#### ✓ Certified death certificate

- The death certificate must be put in the mail.
- Copies of death certificates (including scans, uploads, and faxes) are not allowed in the state of Wisconsin. Since it is not legal to copy them, applicants must physically mail a certified death certificate.
- Mailed documents will not be returned.



#### ✓ Proof of funeral expenses and other funds received: Families can provide receipts and proof of other funeral assistance to FEMA by uploading them to the applicant's **DisasterAssistance.gov** account, by fax, or by mail.

• • •



# Senior Dining Menus

**MENU  
SUBJECT  
TO  
CHANGE  
WITHOUT  
NOTICE**

	M	T	W	TH	F
J U L Y				1 Pork Jaegerschnitzel Baked Potato	2 Beef Frank on a Bun Baked Beans
	5  CLOSED for HOLIDAY	6 Hamburger on a Bun American Potato Salad	7 Teriyaki Chicken Baby Red Potatoes	8 Baked Spaghetti Mixed Italian Salad	9 Crispy Fish Fillet Calico Bean Casserole
	12 Roast Beef Mashed Potatoes	13 Chili Casserole Broccoli Cuts	14 Baked Chicken Garlic Mashed Potatoes	15 Liver and Onions Baked Potato	16 Chicken Breast Mashed Potatoes
	19 BBQ Pork Cutlet Baby Red Potatoes	20 Salisbury Steak Mashed Potatoes	21 Glazed Ham Squash	22 Country Fried Steak Mashed Potatoes	23 Honey Mustard Meatballs Brown Rice
	26 Smoked Sausage Baked Potato	27 Baked Chicken Twice Baked Style Potatoes	28 Beef Stew Winter Blend Vegetables	29 Meatloaf White Bean Salad	30 Chicken Cacciatore Baby Reds
A U G U S T	2 Roast Pork Loin Mashed Potatoes	3 Lasagna Casserole Mixed Italian Salad	4 Swiss Steak Mashed Potatoes	5 Bratwurst on a Bun Baked Beans	6 Pepper Steak Baked Potato
	9 Ham Roll Sweet Potato Bake	10 Roast Turkey Mashed Potatoes	11 Hungarian Goulash Casserole Tossed Salad	12 Hawaiian Meatballs Baby Red Potatoes	13 Chicken Chow Mein over Brown Rice
	16 Burgundy/Mush Chopped Steak Mashed Potatoes	17 Beef Stroganoff Spinach Salad w/ Rasp. Vinaigrette	18 Baked Chicken Garlic Mashed Potatoes	19 Mushroom Pork Cutlet Mashed Potatoes	20 Chicken, Broccoli, & Rice Casserole Brussels Sprouts
	23 Swedish Meatballs Mashed Potatoes	24 Meatloaf Red Beans & Rice	25 Escalloped Potatoes and Ham Casserole Tossed Salad	26 Country Fried Steak Mashed Potatoes	27 Chicken Tetrizzini Casserole Broccoli Cuts
	30 Salisbury Steak Mashed Potatoes	31 Chicken Marsala Baked Potato			
S E P T E M B E R			1 Pork Steak Mashed Potatoes	2 Chili Casserole Tossed Salad	3 Hamburger on a Bun Baked Beans
	6  CLOSED Labor Day	7 Orange Chicken Baby Red Potatoes	8 Country Fried Steak Mashed Potatoes	9 Sweet & Sour Pork over Brown Rice Brussels Sprouts	10 Crispy Fish Fillet Cheesy Potato Bake
	13 Baked Chicken Twice Baked Style Potato	14 Baked Spaghetti Italian Blend Vegetables	15 Swiss Steak Mashed Potatoes	16 Smoked Sausage Baked Potato	17 Liver and Onions Garlic Mashed Potatoes
	20 Roast Pork Loin Mashed Potatoes	21 Pepper Steak Baby Red Potatoes	22 Swedish Meatballs Mashed Potatoes	23 Chicken Teriyaki Brown Rice Health Slaw	24 Beef Frank on a Bun Calico Bean Casserole
	27 Chicken Tetrizzini Spinach Salad w/ Rasp. Vinaigrette	28 Pot Roast Baby Red Potatoes	29 Baked Chicken Garlic Mashed Potatoes	30 BBQ Pork Cutlet White Bean Salad	



# NUTRITION FIT BITS!



GWAAR Nutrition Team in Collaboration with UW-Stout Dietetics Student by: Gabby Lois

## EAT WELL, AGE WELL. GUT HEALTH

The food that you eat can influence the types of bacteria that live inside of you. The good bacteria, or beneficial bacteria, are known to prevent infection in your gut while also producing important vitamins and nutrients to help regulate your immune system. Your digestive tract is the home base for the bacteria, and it is there to help break down your food. Your body will only make bacteria when needed. When they run out of food then the bacteria will stop growing.

**Artificial Sweeteners** – Replace sugar to make foods and drinks still have a sweet taste. The downside is that they have been known to negatively affect the balance of the good bacteria in your gut.

**Plant-Based Diet** – Assists in the growth of different types of intestinal bacteria more than animal-based foods do. The high fiber contents and the lack of meat intake is what has been known to benefit the gut microbiota. The best sources of nutrients for a healthy microbiota are fruits and vegetables.

### Myth Busted: You can cleanse your gut

It is often seen that individuals will do “cleanses” by drinking juices or using herbs. However, there is no scientific evidence supporting the claim of cleansing.

Your digestive tract is not technically dirty, so it is not necessary to cleanse it. Your body is extremely complex and does a great job of cleansing itself.

The best thing you can do to support your gut, is to eat a balanced diet containing probiotics and fiber.



A big thank you to Douglas Elementary in Watertown for these adorable bags for our seniors in the home delivered meal program!





## CALENDAR OF ADRC EVENTS

For more information or to register for events, please call the ADRC.

Due to the COVID-19 public health event, some in person events have been postponed. Please call the ADRC for developments as to the status of your favorite ADRC event.

### Every Monday from 10-11 am

Monday Caregiver Coffee Hour. Caring for someone living with dementia? Connect with local Dementia Care Specialists via Zoom.

### First Wednesday of the month from 1-3 pm

Virtual Arts Café. Program designed for people with memory loss and their caregiver. Supplies will be provided and delivered. Registration required.

### July 21 from 1 pm-4 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

### August 18 from 9 am-12 pm

Welcome to Medicare Class. Call the ADRC.

### September 14 from 1-2 pm

Martin Schreiber Presentation: Learning, Coping, and Surviving as an Alzheimer's Caregiver. Via Zoom. Call the ADRC to register for this free event.

### September 22 from 9 am-12 pm

Welcome to Medicare Class. Call the ADRC.

### October 11 from 3 pm-6 pm

Welcome to Medicare Class. Call the ADRC.

## Dodge County Survey on Dementia

Dementia is challenging and it impacts the entire community. Please help us gather the current community needs and feelings around dementia in Dodge County. If there are any questions you are uncomfortable answering please type "n/a" and go to the next question. Your insight and feedback is invaluable and much appreciated! If you would prefer a paper copy, or have any questions, please let Rob Griesel know at 920-386-4308.

<https://www.surveymonkey.com/r/intergendodge>

## What to know before you buy something online

by Alvaro Puig  
Consumer Education Specialist, FTC

Ahh, summer. Ten sweet yet short weeks to enjoy some of your favorite traditions. Maybe it's sipping an ice cold drink on the porch, spending a weekend at the beach, or cooling off with the kids at the pool. Now that you think about it, you might decide to treat yourself to a new porch swing or a new beach umbrella. Or suddenly realize that you need to buy more goggles because the kids lost theirs...again. Before you start filling up your online shopping cart, we've got some tips you'll want to check out (no pun intended!).

**Do some comparison-shopping.** Before you buy online, use the power of the internet to compare prices on different websites.

**Think critically about online reviews.** Reading other people's opinions about a product can help you make a decision. But some reviews are downright fake or not completely honest. You may not know when a reviewer got something — like a free product — in exchange for the review.

**Pay attention to the details.** Before you buy something online, know when it'll ship and what to do if you want to return it.

**Pay with a credit card if you can.** That way, if you get billed twice for the same item, or you get billed for something you never got, you can dispute it.

**Find out what personal information shopping apps collect.** Shopping apps might give you exclusive deals or rewards points. But they might also take your personal information, like your name, phone number, and email. And they might use your device's location.

If you spot this or any other scam, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

### Avoid online shopping scams

Buying stuff online?

Read reviews with a critical eye.

#ScamFreeSummer

[ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud)

